

ASTHMA AND ALLERGIES

This is the time of year that everyone seems to have difficulty with allergies. While asthma is a year-round problem, it is often more pronounced when pollen or other allergens are high. The books selected below may be a help to you and are all available at one or more of the branches in the Catawba County Library System.

Reference Books

- REF 616.97 ALL Muth, Amme Marie. Allergies Sourcebook. 2001
This book lists statistics, descriptions of disorders and their symptoms as well as information about food allergies. It is written in an easy to read style. This is a great place to start to learn more about allergies. (Sherrills Ford)

Circulating Books

362. 196238 INS Institute of Medicine (U.S.). Clearing The Air: Asthma And Indoor Air Exposures. 2000
This book examines how indoor pollutants contribute to asthma. Priorities are described for public health policies. (St. Stephens)
- 616.0473 CHA Challem, Jack. The Inflammation Syndrome. 2003
This book discusses nutritional programs to reverse the effects that asthma as well as other inflammatory diseases have on the body. (Newton)
- 616.0473 MEG Meggs, William Joel. The Inflammation Cure. 2004
Meggs explains how inflammation can contribute to diseases such as asthma and offers suggestions for reducing inflammation in the body. This book approaches the treatment of asthma in an alternative way. (Newton)
- 616.20046 HOF Hoffman, David. Easy Breathing: Natural Treatments For Asthma, Colds, Flu, Coughs, Allergens, Sinusitis. 2000
This guide explains which herbs can be used to treat colds, asthma, and flu. It also gives directions for making healing teas, tinctures, and more. (Newton)
- 616.238 BAT Batmanghelidj, F. ABC of Asthma, Allergies, and Lupus: Eradicate Asthma—Now!: A Self-Education Manual For Those Who Prefer To Adhere To The Logic Of The

Natural And The Simple In Preventive Medicine. 2000
An astonishingly simple guidebook for asthmatics and those suffering from allergies. The guide also reveals ways to treat these conditions naturally, simply and at no cost. (Sherrills Ford)

616.238 HAN
Says

Hannaway, Paul J. What To Do When Your Doctor

It's Asthma. 2004

A comprehensive guide to asthma detailing cutting edge research. Topics include how to exercise with asthma and everything you need to know about inhalers. This is a must read for newly diagnosed asthma suffers and their caregivers. (St. Stephens)

616.23806 HAR

Fanta, Christopher H. The Harvard Medical School Guide To Taking Control of Asthma: A Complete Prevention And Treatment Plan For You And Your Family. 2003

This is the most comprehensive, authoritative guide to asthma, covering everything from the causes of attacks to the best treatment programs, and featuring practical, straightforward advice on handling special cases. (Newton)

616.97 HOW

Howarth, Peter. Allergy Free Living: How To Create A Healthy Allergy Free Home And Lifestyle. 2000

This book focuses on how to make your home an allergen free one by cleaning and making changes room by room. (St. Stephens)

616.97 MAY

May, Jeffrey C. My House Is Killing Me! The Home Guide For Families With Allergies and Asthma. 2001

Another guide to making the home environment allergen free for those suffering from asthma and allergies. (St. Stephens)

6415631 FEN
Recipes

Fenster, Carol Lee. Cooking Free: 220 Flavorful

For People With Food Sensitivities. 2005

This is a book filled with dishes that do not use the four most common allergens in foods- gluten, dairy, eggs, and sugar. The recipes are delicious and complete with tips for cooking without traditional ingredients. A conversion table is included that will show you how to substitute alternative ingredients in your own recipes. (Maiden, Newton)

PS 618.9297 AME

American Academy Of Pediatrics Guide To Your Child's Allergies And Asthma: Breathing Easy And Bringing Up Healthy Active Children. 2000

This book covers a variety of topics including preventing attacks, minimizing triggers, choosing medicine and how to explain to children about allergies.
(Newton, St. Stephens)

Websites

www.aaaaa.org/

American Academy of Allergy, Asthma and Immunology

This site provides current articles, lists of allergists and a special kids section. There is also a Spanish translation for those that might need it. This is an excellent website.

www.medlineplus.gov

This is a great source of medical information and is easy to use.